



Constipation information

Chronic constipation and encopresis can be distressing conditions for both your child and family.

Why Does Constipation and Encopresis Occur?

Constipation:

Psychological Factors: Fears related to toileting, particularly passing hard and/or large stools creates an aversion to going to the toilet. This creates a cycle of holding and then worsening constipation

Dietary: Lack of fluids and fibre can contribute to hard stools

Encopresis:

This usually starts as constipation. Over time, the rectum becomes so full that the child loses the urge to defecate, leading to stool leakage (soiling).

Bowel washout is often recommended for children experiencing chronic constipation or faecal impaction. This process aims to clear the bowels and allow the passage of painless motions.

How to Conduct Bowel Washout with Movicol or Osmolax

Stage 1: Clearing the Bowel (until watery diarrhoea develops)

- Dosage: Administer 6 scoops of either adult Movicol or Osmolax per day. You can divide the doses throughout the day as you see fit.
- Monitoring: Continue the Movicol or Osmolax until the stools are watery and straw-coloured

Stage 2: Maintenance Phase (keeping stools soft like wet cement)

- Dosage: Reduce to 1-2 scoops per day
- Monitoring: Stools should be soft and easy to pass, resembling the consistency of wet cement.
- Ensure you continue with this dose, aiming for half the length of time your child has been constipated. Stopping too early can result in relapse.

Behavioural Suggestions

Toilet Timing: Encourage your child to sit on the toilet for a few minutes after meals. This takes advantage of the natural reflexes for bowel movements.

Positive Reinforcement: Reward your child for attempting to use the toilet, even if not successful. The use of star charts and rewards are useful. Start with large rewards and then gradually reduce

Consistency: Try to keep a consistent daily routine to help your child recognize their body's signals for bowel movements.

Dietary Suggestions

High-Fiber Foods: Include whole grains, fruits, and vegetables in your child's diet.

Adequate Fluids: Encourage your child to drink plenty of water, avoiding sugary and caffeinated beverages.

Physical Activity: Engage in regular physical activity to help stimulate bowel movements.

Should you have any questions, please don't hesitate to contact me.

Yours sincerely

A handwritten signature in black ink, appearing to be 'Tommy Tran', with a horizontal line extending to the right.

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Note: This is generic advice only and you Paediatrician will provide tailored advice for individual circumstances

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